



Build Your Dreams Workshop

STEP 3 - Creating Habits Worksheet

TAKE CONSISTENT ACTION

Taking consistent action is about creating habits in our daily life that lead us toward our dream. Every day, we need to take one small step in the right direction. If we do that, then at the end of each day, we are one step closer to realizing our dreams.

REMEMBER: The Steps are not Roadblocks. They are the Road.

Use the lines below to write 7 individual baby steps that you can take to put you closer to achieving the 12-month goal that you set in Step 2.

NOTE: These steps are not the major milestones. They are the little things - i.e.: reviewing your dressage test or looking at the upcoming show schedule.

Baby Step 1:
Baby Step 2:
Baby Step 3:
Baby Step 4:
Baby Step 5:
Baby Step 6:
Baby Step 7:

Now, you are going to schedule time to complete each of these baby steps over the next 7 days. So, print the Daily Planner on page 2 and fill in one step each day. That's it - You are now scheduled to be 7 steps closer to your dream by the end of one week!!!



Connecting You with the Dressage Community

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DAILY PLANNER

6:00 AM		<u>WEEKLY GOALS</u>
7:00 AM		<u>PERSONAL GROWTH</u>
8:00 AM		
9:00 AM		
10:00 AM		<u>FAMILY/RELATIONSHIPS</u>
11:00 AM		
12:00 PM		
1:00 PM		<u>HEALTH/FITNESS</u>
2:00 PM		
3:00 PM		
4:00 PM		<u>CAREER/FINANCIAL</u>
5:00 PM		
6:00 PM		
7:00 PM		<u>RECREATION/FUN</u>
8:00 PM		
9:00 PM		
10:00 PM		<u>NOTES</u>
11:00 PM		